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metroVIEWS

Your essential daily news | WEDNESDAY, MAY 17, 2017

High 14°C/Low 2°C Clear skies

More than *hot air*

Professor floats idea of
using airships to carry
goods up north as
ice roads melt

metroNEWS



ISTOCK

Buses lack bike racks: Advocate

PUBLIC TRANSPORTATION

**City confirms
30 installations
are exclusive to
three BRT lines**



The City of Winnipeg has once again equipped certain buses with bike racks, but a local cycling advocate says the city needs to gear up its racks to keep pace with transit riders.

A city spokesperson confirmed 30 bike racks circulate on routes 160, 162 and 170, so exclusively on the limited bus rapid transit (BRT) routes.

Other buses around the city don't have racks at all, and the city is not installing anymore

bike racks "at this time," the spokesperson said.

There are 35 buses operating on the rapid transit routes at peak times; roughly 86 per cent of BRT buses on weekdays will have bike racks.

But that means some cyclists waiting at rapid transit stations could be out of luck.

"I find it kind of hard to believe," said Mark Cohoe, director of Bike Winnipeg. "What does that mean for reliability? That's a pretty important factor for transit, because if it's not reliable, people won't want to use it."

Since there are active transit corridors planned to accompany future BRT projects, and other elements like bike lockers are expected to be integrated into new BRT stations, Cohoe thinks having 100 per cent of BRT buses bike-ready would be a wise move.

mods | MANITOBA ORGANIZATION of DISC SPORTS

2017 MODS
TOP 10 High School Athletes
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See page 9





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Pride 30FOR30

Ready for any challenge

Manitoba's first same-sex couple to legally marry reflect on their journey



Jessica Botelho-Urbanski
Metro | Winnipeg

Michelle Ritchot and Stephany Cholakis have shared many firsts, chief among them being the first same-sex couple to get legally married in Manitoba in 2004.

The women began dating in the early '90s, having met while working together at a seniors' home in Charleswood. They admit they didn't love the place, but "we found love at the place," Ritchot said.

A handful of years into their relationship, the pair was struck by a drunk driver, toppling life as they knew it in a matter of seconds.

Cholakis underwent foot reconstruction surgery in Burnaby, B.C., but still can't walk today. She gets around by wheelchair.

"It was certainly a test of the

strength of our relationship, because most people would have said, 'I can't handle this, I'm out of here,'" said Ritchot, 49. "But we were like, 'No, we're going to get through it, we're going to do it together and it's worth it.'"

Ritchot and Cholakis married at an Anglican church in 1999 in front of 99 friends and family, who flew in from around the world. That was before same-sex marriage became legal in 2004, thanks to a lawsuit they launched along with two other couples.

The same day a judge gave his verdict stating they had the right to marry — Sept. 16, 2004 — the couple had lunch at the revolving restaurant (now Prairie 360), then called their friend with a marriage commissioner's licence.

"He showed up, we got married (and) we ran to Vital Statistics — literally," Ritchot said.

Cholakis, 61, gasps after cal-



Stephany Cholakis and Michelle Ritchot — and beloved family member Roxy, Cholakis's service dog.
JESSICA BOTELHO-URBANSKI/METRO

culating it's been nearly 25 years since the pair started dating — it hasn't felt that long at all, she said.

"It has felt like a journey, that's for sure," Cholakis said. "For the life of me, I can't see being with anybody else."

METRO ASKS

What's your favourite Pride moment?

Cholakis: At the time, I sang with Rainbow Harmony Project for, I believe it was eight years. And we actually had a float. Just to be in the parade with all my choristers, it just meant so much to me.

Ritchot: It had to be (above) 35 C and I was melting and the crowd was like, oozing. We were all so hot.

And then boom! This big thundercloud came and it poured. The droplets were huge and cool and refreshing.

It was like Mother Nature saying, 'Here you go, everybody! Have a great time in the water.'

Why was Pride important 30 years ago?

Ritchot: Thirty years ago, to me, those are the bravest people for saying, 'I'm here and I'm not going anywhere.'

I'm here and you can't beat on me anymore, you can't threaten me, you can't harass me, you can't be cruel to me. I'm worthwhile.

Why is Pride important now?

Ritchot: It's important because there are still groups within the LGBTQ community that are struggling for basic human equality.

And it really shouldn't matter how you dress or how you express your gender, you're a human being. We all should be treated equally.

So the fight continues, 30 years later.

JESSICA BOTELHO-URBANSKI/METRO

INNOVATION

Blimps could replace ice road deliveries



Braeden Jones
Metro | Winnipeg

A University of Manitoba professor figures cargo-hauling airships are the best way to get goods north, but says skepticism has kept him from getting the idea off the ground — until now.

"It's never been done before, we've never had cargo airships, so people have pooh-poohed this idea a lot, and yet... what are the options?" asked Barry Prentice, who teaches at the university's Asper School of Business and is recognized as an expert in airship technology.

He said the impact of climate change on Manitoba's ice roads — vital supply lines to isolated areas — is impossible to ignore, and requires planning before it's too late.

The season for travelling on the routes vital to northern life has been halved since 1997.

"The ice roads are getting less dependable all the time, anyone who looks at the trend would say



Could airships supply the North? FILE

there will likely be a time when we can't use them at all," Prentice said. "Then what?"

Blimps. Prentice believes cargo airships, with capacity not unlike a freight car or tandem axle truck, could ship supplies from southern to northern and remote areas without roads, without tracks, and with zero emissions.

Undeterred by the skepticism he's faced during 17 years of focused research on the subject, Prentice will make the case for cargo airships Wednesday during a free public lecture he will deliver as part of the Vision Quest Trade Show and Conference at the RBC Convention Centre.

He'll be joined by Kewatinook MLA and Interim Liberal Party leader Judy Klassen, who has seen

People have pooh-poohed this idea a lot, and yet... what are the options?
Barry Prentice

first-hand the struggles people living in fly-in communities face.

"The idea of using airships to service our North will drastically change the landscape of northern transportation and will help improve the quality of life for our northern residents," Klassen said in an email.

Like Prentice, she sees the ice roads in danger, "as global climate change continues." Prentice explained that airships, often regarded as a "fringe technology," are positioned to make a disruptive resurgence.

Compared to helicopters and planes, airships use less fuel, are easier to dock, and can be made to operate with zero carbon emissions, "just use hydrogen for fuel," Prentice added, noting that the made-in-Manitoba solution could boom in the heart of Canada as an industry.

SAFETY

Over 550 die in five years on roads



Lucy Scholey
Metro | Winnipeg

An average of 112 people have died on Manitoba roads every year for the past five years, according to RCMP.

And most of those 560 deaths — 41 per cent — were

linked to impaired driving.

In total, 80 per cent of alcohol-related crashes are single-vehicle collisions and the majority involve male drivers.

The following remain the leading causes of road deaths: not wearing a seatbelt or helmet (46 per cent); speeding (51 per cent); distracted driving (no

statistic specified)

Drivers can expect to see more RCMP officers out on the roads May 16-22 for Canada Road Safety Week.

Police will be on the lookout for any unsafe driving practices, including impaired driving, lack of a seatbelt, distracted driving and speeding.

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Ambrose pitches for more women

FAREWELL

Interim Tory leader ending 13 years in federal politics

Ryan Tumilty
Metro | Ottawa

As she took her final bow, interim Conservative lead-

er Rona Ambrose said the party has to nominate more women to take her place to remain competitive on the national stage.

Ambrose announced Tuesday morning she would be stepping down as the MP for Sturgeon River — Parkland, planning to end her 13-year career in federal politics when the house rises for the summer next month.

The party will pick a new

permanent leader in Toronto on May 27.

She said the party changed its tone after the 2015 defeat, raised significant amounts of money, sold thousands of memberships and has shown voters there is another choice.

"We have presented a fresh face to Canadians that now see a smart Conservative team that is a very real alternative to a Liberal government."

She said to make that stick in 2019, however, the party will have to reach out more, including ensuring they have more women candidates on the ballot.

"It's my intention to help lead a charge at the local level to have more women run for the Conservative party." In 2015, 20 per cent of the party's candidates were women, the least of any major federal party.



Rona Ambrose and Prime Minister Justin Trudeau embrace during farewells on Tuesday. THE CANADIAN PRESS



POINT DOUGLAS BYELECTION

Tuesday, June 13

A provincial byelection has been called for voters in Point Douglas to elect a new MLA.

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An Elections Manitoba enumerator will visit your home to add your name to the voters list. This makes voting easier for you. **Look for our photo ID and yellow vests when we come to your door.**

Many voting opportunities are available:

- **Advance Voting:** June 3-10
- **Homebound Voting:** If you can't leave your home because of a disability, you and your caregiver may apply to vote at home.
- **Absentee Voting:** If you will be away during advance voting and on election day, you may apply for absentee voting.

Nomination process:

Official nomination forms are available from the returning office and must be completed and returned before 1:00 p.m. Monday, May 29.

You can vote if you:

- are a Canadian citizen
- are at least 18 years old on election day
- have lived in Manitoba for six months before election day

You must also live within the Point Douglas boundaries to be eligible to vote.



Questions?

Point Douglas Returning Office
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Trump's sharing of info 'routine'

The White House on Tuesday defended President Donald Trump's disclosure of classified information to senior Russian officials as "wholly appropriate," as officials tried to beat back criticism from fellow Republicans and concerns from international allies.

One day after officials declared that reports about Trump's discussions with the Russians were false, National Security Adviser H.R. McMaster said the president had been engaging in "routine sharing of information" with other foreign leaders.

Trump himself claimed the authority to share "facts pertaining to terrorism" and airline safety with Russia, saying in a pair of tweets he has "an absolute right"

+ FBI

The White House disputed a report Tuesday that Trump asked former FBI director James Comey to shut down an investigation into ousted national-security adviser Michael Flynn.

as president to do so. Trump's tweets did not say whether he revealed classified information about Daesh, as published reports have said and as a U.S. official said. The official said the information Trump divulged came from a U.S. intelligence partner. THE ASSOCIATED PRESS

DIGEST

Indefinite detention necessary, feds argue

Facing a constitutional challenge and widespread criticism from humanitarian organizations, government lawyers defended Canada's immigration detention system in Federal Court on Tuesday, saying indefinite detention is necessary to ensure public safety.

TORSTAR NEWS SERVICE

North Korea likely behind cyberattack: Experts

Cyber-security experts are pointing to circumstantial evidence that North Korea may be behind the global "ransomware" attack. The way the hackers took hostage computers and servers in some 150 countries across the world was similar to previous cyber attacks attributed to North Korea.

THE ASSOCIATED PRESS

COURTS

Aide on trial accused of sex with student

A former Winnipeg educational assistant is on trial accused of having sex with a high-school student.

Sheryl Dyck is alleged to have started a relationship in March 2014 with a teenage boy whom she supervised at Elmwood High School. A publication ban prevents identifying the student who was 16 when the relationship is said to have begun.

Winnipeg police accused Dyck of giving the youth drugs and alcohol during a seven-

month period, which investigators say included several sexual encounters.

But defence lawyer Gisele Champagne has argued that the student made up the story because he and Dyck did not get along at school. Champagne said the two had had arguments and the teen would lash out at Dyck — even going as far as throwing a desk during one confrontation.

The trial is expected to last throughout the week.

THE CANADIAN PRESS



TIM HARPER ON THE NDP'S ANSWER TO TRUDEAU



Jagmeet Singh knows precisely how style can provide a foundation for policy and political prose.

Does the road to federal political success in this country run through the pages of GQ?

It probably shouldn't. But Justin Trudeau certainly understands the value of the glossy magazine spread and Jagmeet Singh also knows precisely how style can provide a foundation for policy and political prose.

And if you are a New Democrat intent on getting back into the ring after being dealt a knockout blow in 2015, you should probably take a moment from your search for the earnest party stalwart and take a look at the path being followed by Singh, who wants to usher in a new era for your bruised party.

Style cannot be dismissed in politics, because, despite the iconic quote, it is not always show business for ugly people.

At a Brampton, Ont., banquet hall Monday, Ontario NDP MPP and GQ poster boy Singh launched his federal leadership bid, jumping into the race which has so far crawled under the radar for the vast majority of Canadians.

The top four contenders before Monday night were federal caucus members Charlie Angus, Niki Ashton, Peter Julian and Guy Caron.

All bring strengths to the table, particularly Angus, with his tireless and effective work on Indigenous issues that have so far received more lip service than action from the Trudeau Liberals.

But none of them are going to burn their brand into Can-

He was able to put more people in one room for his kickoff than the other four leading candidates combined.

It was a younger crowd, it was the most diverse crowd at an NDP event I have ever seen in almost three decades and, in keeping with the man they

the British Columbia wars laud his work for the party in the key ridings of the Surrey and Richmond area.

He has reached out to the governing caucus of Alberta Premier Rachel Notley and has ties to the Manitoba NDP.

But he will clearly face a challenge in Quebec, no matter how many times he refers to the party's 2011 Orange Wave breakthrough in the province.

Organized labour is in a wait-and-see mode. He will likely need someone to help him navigate the federal scene, his own Gerry Butts, who shepherded Trudeau from the third place valley to the mountain of power.

In that February interview with GQ, Singh said his well-cut suits and colourful turbans allowed him to have conversations with Canadian voters.

"Fashion and style is a form of communication," he said.

New Democrats are about to find out whether this is just a guy in a well-tailored suit, or a man of heft in bespoke threads. Many seem prepared to bet on the latter.

Tim Harper is a national affairs columnist for the Toronto Star.



BEFORE HE SPOKE, HIS SUIT BESPOKE The crowd at Jagmeet Singh's leadership campaign launch was the most diverse Tim Harper has seen at an NDP event in decades. THE CANADIAN PRESS

adian sensibilities or set hearts aflutter.

Singh gives Canadians outside the party a reason to look in the NDP window to see what is on offer.

came to see, it was a stylish gathering.

Party insiders will tell you this guy has done the work needed for this bid.

Those just returned from

Appropriation may not matter to you, but it does to me

METRO EDMONTON

Danielle Paradis



As an Indigenous writer, I spend a lot of time hearing white people talk about me. This past week it was about the right of other people to tell Indigenous stories.

It started with an article in The Writers' Union of Canada's magazine, which stirred up a quarterly debate: appropriation versus appreciation.

Hal Niedzviecki, the now-former editor of the mag, penned a piece saying he didn't believe in the concept of cultural appropriation.

Cue the anger, cue the backlash.

The TWUC issued an apology, and predictably, after Niedzviecki resigned, the old white guard of Canadian journalism, including now former Walrus editor Jonathan Kay, rallied against what they consider liberalism and identity politics run amok.

Whenever this happens, the lack of diversity in media is usually the root cause.

Critics of cultural appropriation remain wilfully ignorant of what it means.

As writer Ijeoma Oluo so eloquently puts it, "Cultural appropriation is the misuse of a group's art and culture by someone with the power to redefine that art and, in the process, divorce it from the people who originally created it."

For example, when painter Amanda PL was alleged to have borrowed heavily from the Anishinabe painter Norval Morrisseau. Her Toronto exhibit was cancelled.

When PL and other non-Indigenous artists take inspiration from Indigenous people they often erase the historical context of the art.

The first time I witnessed cultural appropriation it was a First Nations elder wearing a Métis scarf. To wear a Métis sash without respecting our unique identity from First Nations is to erase our culture — something that the government has already tried.

But when the appropriation conversation occurs in the snowdrift that is Canadian media, it becomes mostly white people scolding other white people.

Relying on mainstream media sources means most Canadians end up with a limited perspective on our diverse country — and on this very debate.

For many it may seem like no big deal to be inspired by other cultures.

If all things were equal that would be true. Cultural appropriation wouldn't exist in a world where people listened to one another.

But we don't live in that world.

Until Indigenous people reclaim the ability to relay our own experiences in media, there's going to be backlash when someone else tries to tell the story.



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It would be generous beyond measure to suggest that Australian real estate developer Tim Gurner didn't anticipate the mess he would be stepping into with his riff on fancy toast.

By "fancy toast" we mean to say smashed avocado on toast, which Gurner seized as the apotheosis of millennials, literally, misspelling their relative youth. "When I was trying to buy my first home, I wasn't buying smashed avocado for 19 bucks and four coffees at \$4 each," Gurner said in an interview with Australian media this week.

Telling those locked out of hyper-inflated real estate markets that the solution lies in becoming sharper savers drew excited responses on media sites. "Thanks one per cent!" reads as an especially efficient rejoinder, recognizing that in the markets of Sydney and Melbourne, as with Toronto, real estate is beyond the reach of the vast majority of wishful home owners

metr LIFE

Your essential daily news

Wednesday, May 17, 2017

Between guac and a hard place

Aussie mogul's attack on millennials missed the real culprits of our housing crises



regardless of how hard they work — and save.

Note that in March the Australian Bureau of Statistics compared the five-year 70-per-cent increase in Sydney house prices — that's not a typo — to average wage increases of 13.2 per cent across the same period. The median house price in Sydney was just shy of \$1.2 million (Australian dollars) in April.

Yet Gurner stuck to his smashed avocado thesis. "There's no question it's real," he said in a

follow-up radio interview when asked about the whingeing. "I think until the generation realizes that the people that own homes today worked very, very hard for it, saved every dollar, did everything they could to get up the property ladder."

Gurner is a high-profile real estate success story Down Under. Last year he was named emerging Australian entrepreneur of the year. His net worth was pegged at \$460 million.

The developer professed some

degree of sympathy for young workers swamped by aspirational culture. So it's not just guacamole, he said, but the push to buy the latest iPhone, etcetera.

He casts this as different from the two-cars-in-every-garage post-war mandate. "The expectations of younger people are very, very high," he said. "They want to eat out every day; they want travel to Europe every year."

Ignored are workers who have saved diligently only to find home prices successively

knocked beyond reach. In Sydney, Melbourne, Toronto and Vancouver housing affordability has increasingly created a class divide. Today it's less about earned income and more about access to capital — the inheritance, the well-off parent.

What that means is that home ownership is granted to those who are already favoured in the home ownership sweepstakes. It is unjust.

The Australian example is a worthwhile study beyond the

musings of Gurner. Consider the similarities to worries at home: rising indebtedness; little to no income growth; historically low interest rates. In March, the Australian Prudential Regulation Authority (APRA) directed institutions to limit interest-only lending to 30 per cent of new residential mortgage lending.

According to the APRA, lending on interest-only terms currently stands at close to 40 per cent, a higher risk profile than the authority is comfortable with. Concerns about a borrower's ability to service his or her loan lie behind the change.

Yet the government is eager to be seen addressing the issue of housing affordability. In last week's federal budget, the Australian government announced a "ghost house" tax on foreign owners, along with a "super saver scheme" to assist wishful first-time home owners.

Interestingly, the government is also trying to appeal to potential "downsizers" with a plan that would boost a household's pension should the homestead be sold. Freeing up housing stock is the hoped-for outcome.

Such an idea is helpful in this regard: as a reminder that this housing debacle is not the making of millennials. And it shouldn't be their task to fix it.

If smashed avocado on toast is a comforting way to salve the disappointment of not seeing home ownership in one's future, it's actually a small price to pay.

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DAILY TREAT

Winnipeg **metr**

TV & FILM BRIEFS**Roseanne's clan return to TV screens 20 years on**

Roseanne, one of TV's rare working-class comedies, will return to ABC two decades after it wrapped its hit run and with star Roseanne Barr and the rest of the cast intact, the network said Tuesday in announcing its 2017-18 season plans.

"The Conners' joys and struggles are as relevant - and hilarious - today as they were then, and there's

really no one better to comment on our modern America than Roseanne," ABC Entertainment President Channing Dungey said.

THE ASSOCIATED PRESS

Efron to play Ted Bundy

Zac Efron has signed on to star as Ted Bundy in a biopic about the serial killer.

The Hollywood Reporter report Efron will play Bundy in Extremely Wicked, Shockingly Evil and Vile.

The movie will centre on Bundy's relationship with his girlfriend.

The reports say the project is set to start shooting Oct. 9. The movie will be directed by Joe Berlinger, who is best known for the Paradise Lost documentaries.

THE ASSOCIATED PRESS

Moore targets Trump

Michael Moore has been secretly making a Donald Trump documentary that he

has dubbed Fahrenheit 11/9, titling it after the day Trump became president-elect.

Producers Harvey and Bob Weinstein announced Tuesday that they have secured worldwide rights to the film. Moore has been working on the film for months and he promises it will be explosive. Moore says Trump's ability to escape controversy "ends with this movie."

THE ASSOCIATED PRESS



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SPORTS AND RECREATION

Interest in Ultimate Frisbee picks up speed in Manitoba

When the Manitoba Organization of Disc Sports Manitoba (MODS) formed in 1988 there were three teams and 60 people playing the disc sport in Manitoba — today there are hundreds of teams and close to 5,000 players in the group's adult and junior leagues, and Manitoba is gaining a national reputation for producing talent.

"It's gotten very big and it's growing," says Sean Seywright, business and sport development director at MODS, adding Manitoba has more players than Edmonton, Calgary, Saskatoon and Regina combined.

"Things are exploding and we're going through another growth spurt right now with the youth scene."

The surge in young players can be attributed in big part to the middle school and high school leagues that MODS has run over the last two decades, says Seywright.

MODS also organizes provincial championships and tournaments throughout the year for schools, with one of those schools hosting a prestigious international tournament. St. John's Ravenscourt's (SJR) long-running 'Hold Back the Snow' junior tournament attracts teams from across Canada and throughout

the United States each fall in October.

"SJR is sort of an 'ultimate factory' within the school scene," says Seywright. "Dean Wright, the head of that program, is affectionately known as the 'Godfather of Ultimate' because he has created more coaches, teams, and players over the years than any other person in this province."

And those young Ultimate players tend to stick with the game once they get out of the school programs, which has helped the sport grow even bigger, says Corey Draper, MODS operations director.

"We have much better retention of athletes than other sports," he says.

The boom previously led MODS in the 1980s to become the first Ultimate organization in Canada to be incorporated as a non-profit, and the first to receive official provincial sports organization status.

Ultimate Canada even used the MODS coaching manual to build their program, says Draper.

"We're arguably in the range of the second to third largest Ultimate organizations in Canada, and that makes us one of the largest in the world," he says.



CONTRIBUTED

World-class players throwing down in Winnipeg

Watch out for flying discs Winnipeg — the world's best Ultimate players are coming to town.

The World Flying Disc Federation has announced MODS has won its bid to bring the World Masters Ultimate Club

Championships to our city in 2018.

As many as 2,000 Ultimate players from around the world are expected to be in Winnipeg for the international championships, which will be held July 29 to Aug. 4 at Little Mountain Sportsplex.

Young 'quiet leader' climbing the ranks to top spot



CONTRIBUTED

It took just a week after throwing his first disc for Keenan Ashley to know Ultimate Frisbee was his sport.

Now, four years later, the 17-year-old from Sturgeon Heights Collegiate is poised to join the Canadian national Ultimate team and has taken the top spot in the Manitoba Organization of Disc Sports' (MODS) list of the province's top 10 junior players.

"I don't know — I really, really couldn't throw a disc when I first started," laughs the Grade 12 student when asked what's led to his passion for the game. "I spent a lot of time practicing — it was really bugging me that I couldn't throw — it took a while to get it, probably a week, but it was fun so I just kept at it."

And once he mastered his throw, that was that — Ashley quit hockey and focused on Ultimate.

With a goal of making the Under 20 national team, Ashley now trains year round and, as well as playing for his school team,

IT TOOK A WHILE TO GET IT, PROBABLY A WEEK, BUT IT WAS FUN SO I JUST KEPT AT IT.

— Keenan Ashley

joined Winnipeg's men's league where he plays with the city's top touring players.

"He's already at an adult level," says Corey Draper, head coach of Sturgeon Heights' Ultimate program.

Ashley made the provincial junior's second team in his first year of Ultimate when he was in Grade 9, and has gone on to play for Manitoba's first tier squad for the next two years, including last year when the team took home gold at nationals.

Draper says Ashley's dedication to practice and his natural ability to understand the concepts and strategy of Ultimate has

made him the best all-around junior player in the province.

"He's a quiet leader; he's capable of explaining things to the other players and acting basically like a coach, even though he's still in high school," he says.

After coming just shy of reaching his goal to join the Under 20 national team last year, Draper says there's no doubt Ashley will be on the team in time for the 2018 world championships.

This is the first time MODS has released a top-ten ranking of Manitoba's best junior Ultimate players, and Sean Seywright, business and sport development director at MODS, says they're proud to be the only provincial body to include both boys and girls on the same list.

Along with the honour of being named the province's best junior player, Ashley is also a finalist for the Dean Wright scholarship offered by MODS for an athlete's on-field skills.



MODS TOP 10 High School Athletes 2017

1. Keenan Ashley – Sturgeon Heights – Grade 12 (Male)

The MODS & Metro Top 10 High School Athletes in Manitoba, #1 player of the year as voted by coaches and players in the province. Mr. Ashley is a superior Ultimate player on many levels. From superior ability to read and throw to the amazing athletic abilities he possesses, Keenan is a dynamic game changer on the field. Top adult touring teams have already commented on his elite abilities and skills heading to the next level making him a coveted asset to our provincial, touring and national teams now and in the future.

2. Sarah Jacobsohn – Gray Academy – Grade 10 (Female)

The prodigious female standout has been playing at a high level for years. Part of team Canada last summer, she is the standout on a very talented Gray Academy squad. Athleticism, skill and championship attitude... she has it all. Can she become #1 in 2018?

3. Sean Bennett – SJR – Grade 12 (Male)

Tall, athletic and quick in addition to being an outstanding handler have Sean Bennett into this year's top 3. Considered one of the best by many coaches and his peers, Sean will lead another strong SJR team into provincials to compete for a provincial title this May.

4. Jordan Steele – SJR – Grade 12 (Male)

Part of Dean Wright's SJR Ultimate factory, Jordan is a strong player with all the skills. His versatility has helped him standout at the high school and provincial level.

5. Sam Burrage – SJR – Grade 12 (Female)

New crowned National Champion, Sam is a gifted handler. Great height and athleticism make her a key addition to any team on the school or provincial level.

Honorable Mentions: Manitoba Organization of Disc Sports is proud to recognize those athletes making outstanding contributions to their schools Ultimate teams and communities who fell just short of our top 10. Nick Einarson (Westwood), Bryce Paterson (Westgate), Cassidy Knockaert (Kelvin), Zach Tottle (Kelvin), Isaac Hildebrand (DMCI), Kiersten Hilland (CJS), Ryan Eisbrenner (SJR), Daniele Auriti (SJR), Caitlin Cho (SJR).

6. Meagan Gillis – Kelvin – Grade 10 (Female)

A lightning quick cutter, Meagan has vastly improved her confidence and handling skills to become a standout amongst the best in province.

7. Jeff Boris – Sturgeon Heights – Grade 11 (Male)

Fast with an ability to outjump and handle most other competitors his age, keep your eye on the speedy Boris or you may blink and miss him as he leads the Huskies to another point.

8. Bassam Abdullah – Kelvin – Grade 12 (Male)

A standout handler, Bassam has great vision and skill. His well rounded skills and ability to protect against turnovers make him an ideal team mate.

9. Ryan McDonald – St Pauls – Grade 12 (Male)

Ryan's speed and athleticism make him a versatile defender and strong presence in the game. He is a standout with the Crusader's every time he steps on the field.

10. Yasmin Banares – Westgate – Grade 11 (Female)

Yasmin is one of Westgate's top cutters, as her sure hands and speed are a deadly combination. Yasmin is a threat to lay out for everything and come up with "highlight reel" catches time and again.

WINNIPEG YOUTH ULTIMATE LEAGUE

12 to 15 Years Old

Assiniboine Park

Tuesdays – 6:30pm to 8pm

Cost: \$68.25

8 Weeks
July/August



ULTIMATE SUMMER CAMP

12 to 18 Years Old

IJL Ultimate Park

Monday July 17 – Thursday July 20

Cost: \$200

Disc and Shirt Included in Registration

SUNDAY ADULT CLINIC SERIES

18 to 100 Years Old

IJL Ultimate Park

Sunday: May 21, June 4, June 18

1pm – 3pm

\$40 One Time Fee

TUESDAY ADULT BEGINNER'S LEAGUE

18 to 100 Years Old

Assiniboine Park

Tuesdays - 6:30pm Start

July and August League

Cost: \$78.75



MANITOBA ORGANIZATION of DISC SPORTS

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City of Winnipeg

Summer Camps

2017 summer programs for ages 3–15

From sports, fishing and pottery camps to our full-day camp format for L'il Critters, there's a camp guaranteed to put the fun in your child's summer!



Winnipeg 311 City Services

For more information visit winnipeg.ca



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SPORTS AND RECREATION

YOUR LITTLE CRITTERS CAN GET CREATIVE WITH SOME FUN THEMES

With a new theme featured every week, the City of Winnipeg's L'il Critters Summer Camps are a great way to help develop your preschooler's socialization through fun and play.

Designed especially for preschoolers and part of the City of Winnipeg Summer Camps, the L'il Critters Summer Camps are offered as full day camps, half morning and afternoon camps throughout the summer.

"L'il Critters is a fun filled camp for three to five year olds with different themes each week, which fosters socialization and creative play experiences through crafts, games, story time as well as indoor and outdoor activities," says Amy Coughlin with the City of Winnipeg's Community Development and Recreation Services Division. "Give your child an exciting preschool experience and let them choose their favourite theme!"

The themes planned for this year's L'il Critters Summer Camps will see kids learning about space, animals, the world, and celebrating the 2017 Canada Summer Games arrival in Winnipeg with a week of both indoor and outdoor games. Kids will also get the chance to be detectives during a week of spy-themed



CONTRIBUTED

activities; find out what it's like to be one of the characters in on their favourite story books; and learn about the secrets of science through safe and simple experiments.

Camp fees are considered child care expenses and will qualify for the purposes of the Child Care Expense Tax Deduction, says Coughlin, who adds similar programming is also available in French. For more information go to winnipeg.ca/leisureonline or call 311.



Alexis Woloschuk, left, and Julia Zrinyi, from Saikel Indoor Cycle Studio, go for a spin.
SHANE GIBSON

Ride into summer at a unique cycling studio

Saikel Indoor Cycle Studio gives its members a unique high-energy studio cycling experience designed to produce real results, real quick regardless of your experience on a bike.

Saikel's 45-minute classes, led by motivational instructors with high energy music, includes climbs and high intensity intervals that are customizable for a perfect workout, says co-owner Dustin Marks.

"It's basically as hard as you want to work out," explains Marks, who opened the business at 2-920 Lorimer Blvd. with

co-owner Mike Booth a year ago. "You set the tension throughout the entire class — if you want to coast and just get a good sweat in, you can, but if you want to go hard and follow the in-class instructor, you can burn anywhere between 400 and 800 calories in that 45-minute class."

Saikel's bikes sit on stadium-style seating in their unique studio, and each bike is connected using cutting edge in-studio technology that record stats including RPM, power, calorie expenditure, and speed and distance. Those stats are kept

on member's private accounts on Saikel's website, and, if the member chooses, can also be added to Saikel's live in-studio Leader Board, for a more competitive experience.

"It pushes you to get better and to push yourself more than you would on your own," says Marks.

Saikel is offering a special price for unlimited rides and classes until the end of September for just \$219.

For more information go to saikelstudio.com.



Summer of Saikel

Unlimited Rides June-Sept starting at \$219 + tax

Sign up online at www.saikelstudio.com or in store at 2-920 Lorimer Blvd 204-691-0254

Runners to sprint toward home of the Blue Bombers

Annual Manitoba Marathon to finish at Investors Group Field for first time in 39 years

The Manitoba Marathon is just one month away, and with big changes in the works for the 39th edition of the big run — for the first time racers will finish on the field at Investors Group Field — organizers say there's something for everybody on race day.

"Whether you're running, helping to fundraise, volunteering, or just coming out to watch and cheer at the finish line or along the course, remember this is our event — it's Manitoba's race," says Rachel Munday, executive director of the Manitoba Marathon.

This year's move to Investors Group Field makes the Manitoba Marathon the first in Canada to finish on a CFL field, and means more fans can come out to watch their friends and loved ones finish the race in the comfort of stadium seating, says Munday,

who adds being able to see yourself crossing the finish line on the Jumbotron will be "more than a little cool" for runners and their fans.

But it's not just runners of the 26.2 km full marathon who get to finish at the home of the Winnipeg Blue Bombers — all six of the Manitoba Marathon events planned for race day will get to finish on the field.

Munday says the events, which include the Half Marathon, the Five Person Relay, the 10 km Run, the 2.6-mile Super Run, and the Mini Mites competition, are a great chance for runners of all skill levels to join in on the experience of race day, held June 18.

"We have a distance for everybody," she says, adding online registration is open until midnight June 14.

Munday says those who won't be ready to run can help by joining the 2,000 volunteers who help put the event together, or by donating to the Manitoba Marathon Foundation, the not-for-profit registered charity that runs the race and provides funding for Manitobans living with intellectual disabilities.



ISTOCK

"Over the years we've supported people to the tune of \$6 million," says Munday of the marathon's fundraising efforts. "We've had a big impact on the community over the last 39 years."

To register for an event, volunteer, or make a donation go to manitobamarathon.mb.ca.

WE'VE HAD A BIG IMPACT ON THE COMMUNITY OVER THE LAST 39 YEARS.

— Rachel Munday

REGISTRATION CLOSES JUNE 14, 2017

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FULL MARATHON

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manitobamarathon.mb.ca
Investors Group Field Winnipeg,
June 18, 2017



EVENTS AND ENTERTAINMENT

Come explore Doors Open Winnipeg

Doors will open across Winnipeg the weekend of May 27 and 28 and you are welcome to step through and inside.

Doors Open Winnipeg gives the general public access to many of the city's historic, private and institutional buildings and offers the chance to see the inner workings of these architectural gems; from the very old to the very cool to the cool and old. There are also seven new buildings added this year.

The Canadian Museum of Human Rights is new. It was designed by Antoine Predock's as a tribute to humanity's perseverance in the pursuit of personal and collective rights. The



CANADIAN MUSEUM OF HUMAN RIGHTS/TORSTAR NEWS SERVICE

Museum is offering free 45 minute behind-the-scenes tours in both French and English throughout its opening hours.

Given the talk about human rights

concerns south of the border a visit to The White House seems appropriate. No not that one, the one on Portage, built in 1904 and refurbished by present owners Mitch Fillion

and Richard Irving who use it as a home/office. The White House is new to Doors Open this year.

Two churches and two armouries are also new this year. The Gordon King Memorial United Church, a Gothic adaption built in the early 1900s and St. George's Anglican Church built in 1957 and designed by Leslie Russell. McGregor Street Armoury in the city's North End built in 1915 is still used as a training centre for the Army. There is a museum inside on the third floor, it's not accessible.

Also completed in 1915 was the Minto Armoury, built in the Tudor Revival style with fortress motifs. It is located in the west end but only opens May 27.

The Public Press Building built in 1917 was originally a printing plant for the Grain Growers Guide. The Guide was an important social and political voice for the community, staunchly independent and an early supporter of women's rights.

Human rights, the free press, religion, the military and the White House - is someone trying to tell us something?

-WILL MCGUIRK



Winnipeg Frontrunners Pride Run & Walk

Saturday June 3 • 10 a.m.



5k and 10k options
Start/Finish at the Forks

Register or volunteer at:
www.wpgfr.ca/pride-run-registration/

Raising money, awareness from Frontrunners Pride Run

As LGBTQ culture is celebrated at the Pride Winnipeg Festival this month, many LGBTQ* people around the world are still being persecuted and even killed in countries where their rights are not protected.

Reaching Out Winnipeg (ROW) has made it their mission to help LGBTQ refugees and asylum seekers come to Canada to escape that tyranny.

"There are up to 80 countries in the

world where it's still illegal to be gay, lesbian, or trans, and you can be punished by jail time or death or public stoning," says ROW board member, Joel Voth. "There's places where it's legal to discriminate against people of sexual and gender minority groups who are looking for a job or housing.

"It's these people who reach out to us looking for support around getting out of those situations."

Voth says ROW has helped support the resettlement of seven LGBTQ refugees since the group started in 2012, and he says that work would not be possible without the support of community members and organizations like Winnipeg Frontrunners, an LGBTQ running group that raises money for ROW through their Frontrunners Pride Run, held during the Pride Winnipeg Festival.

Andrew McLaren, co-race director of the Frontrunners Pride Run, says 160 runners raised \$2,000 last year, and he hopes to raise even more this time around with 250 expected out for the third annual run.

The 5k and 10k non-competitive run and walk goes June 3 at The Forks. For more information, and to register go to wpgfr.ca.



CONTRIBUTED

A celebration of Indigenous culture and history

Manito Ahbee — a five day celebration of Indigenous arts, culture, and music — is set to kick off in Winnipeg this week, and organizers hope to see people of all nations out for the 12th annual festival.

"It's a celebration for everyone to come together and to learn more about our culture and just how vibrant our history is," says Jacquie Black, manager, Indigenous music Awards and Arts Program. "There's the music and the spirituality and traditionalism of our culture and our main message is inclusivity — each year we try to impress that on everybody — everyone's welcome."

Events at the festival, which kicks off at noon on Wednesday with the lighting of the sacred fire at the Oodena Circle at The Forks and runs until May 21, include the Indigenous Music Conference Thursday, a Youth Education Day held during the day Friday, the Indigenous Music Awards Friday night, and the Indigenous Marketplace & Tradeshaw and International Pow Wow running Saturday and Sunday at RBC Convention Centre.

"The Pow Wow is huge — it's for two

days — and it attracts hundreds of dancers and drum groups and vendors," explains Black. "It's a really good time for anyone who's never been to a Pow Wow to come and see the beauty of it and to be immersed in the whole spirit of it."

"The drumming and dancing is something you can't really explain unless you're there to feel it."

Both the Pow Wow and music awards will be streamed live online at powwows.com, says Black.

The festival's name, Manito Ahbee, is an Ojibway word meaning 'where the creator sits', and it's named after a sacred site in Whiteshell Provincial Park that was gifted to the festival through ceremony.

Black says people come from around the world come to be a part of Manito Ahbee.

"We attract tourists to Winnipeg from across Turtle Mountain — which is North America — and Europe," she says. "It's important because we all live together and we need to all try to understand each other."

For more information on everything planned for the 2017 Manito Ahbee Festival go to manitoahbee.com.



GINGER JOHNSON



Manito Ahbee

PRESENTED BY



CASINOS OF WINNIPEG

INTERNATIONAL POWWOW

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MANITOAHBEE.COM




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EVENTS AND ENTERTAINMENT



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INDIE ROCK

**THE CITY 94.5 PRESENTS:
THE SHINS** w/ Tennis
Sunday, May 21

POP/JAZZ

**TONY BENNETT**
Thursday, June 1

ROCK

**EVERCLEAR** SO MUCH FOR
THE AFTERGLOW 20TH ANNIVERSARY TOUR
w/ Vertical Horizon & Fastball
Saturday, June 17

BLUES

**BUDDY GUY
& JONNY LANG** GREAT
FATHER'S
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Sunday, June 18

ROCK

**BUSH**
w/ Pop Evil
Sunday, August 6

POP/ROCK

**PAT BENATAR & NEIL GIRALDO
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Wednesday, August 9

POP/ROCK

**FRANKIE VALLI &
THE FOUR SEASONS**
Tuesday, August 29

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FULL EVENT & FACILITY INFO AT BLUESTEMAMPHITHEATER.ORG

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It's worth the drive to Moorhead this summer

Get ready to make a run for the border this summer, Winnipeg music lovers.

Fargo-Moorhead's Bluestem Amphitheater has a full slate of big name performers on tap this summer — Tony Bennett, Bonnie Raitt with the Indigo Girls, and the Pixies, just to name a few — and a new app from promoter, Jade Presents, makes planning your trip as easy as checking your smart phone.

"The app lets you purchase tickets and it's the only place to find exclusive presale info before the general public," explains Krista Driscoll, general manager at Jade Presents. "It lets you do everything — if you want to find artists and performers that are coming to the Fargo-Moorhead area — this is the app that you'll want to download."

Just a three-and-a-half hour drive from Winnipeg, the 3,000 seat Bluestem Amphitheater sits along the Red River of the North in Moorhead, Minnesota, and the unique outdoor venue offers an experience concert-goers won't find anywhere else,

says Driscoll.

"It's one of the prettiest venues in the Upper Midwest and possibly even the entire United States," she says. "It really is a beautiful place to see and hear live music."

Bluestem has four separate ticket options, including reserved seats, general admission benches, general admission lawn seating—where folks can bring a blanket to watch the show on the grass—and a VIP experience which includes 10 tickets to a special VIP deck with a great view of the stage, a canopy and a private server and private restroom.

The confirmed line up for Bluestem's 2017 Summer Concert Series includes performances by Buddy Guy and Jonny Lang, Everclear with Vertical Horizon and Fastball, Bush (known as Bush X in Canada), Pat Benatar with Neil Giraldo and Rick Springfield, Frankie Valli and the Four Seasons, the Shins, Jason Isbell and the 400 Unit, Kenny Rogers, and Modest Mouse, and Driscoll says there'll likely be more shows added throughout the summer.

"We know the summer's limited so we try to jam pack the schedule with as much live entertainment as we can," she says. "It's well worth the drive to come enjoy the beautiful venue and amazing music."

For more information and to download the Jade Presents app, go to bluestemamphitheater.org.

**"IT'S WELL WORTH THE
DRIVE TO COME ENJOY THE
BEAUTIFUL VENUE AND
AMAZING MUSIC."**

— Krista Driscoll, general manager
at Jade Presents

Test drive with southern charm

- CVT isn't great
- Lacking tech features

Crossover perks at the price of a compact car



Jodi Lai
AutoGuide.com

As an older Millennial, I'm continuously told by marketing people that I'm the Holy Grail of car customers. So the new 2017 Nissan Qashqai should be right up my alley.

On a quick trip to Nashville, Tenn., a place that Nissan's North American HQ calls home, we were able to drive the Qashqai in its natural habitat. Fun fact: Nissan was the top-selling brand among Millennials last year.

Driving around visiting little coffee shops, stopping for hipster artisan donuts, passing bars



PHOTO BY JODI LAI: FAR LEFT: HANDOUT

with live music and hunting for Nashville's many colourful murals, the Qashqai felt completely familiar. People shopping this segment want something easy to drive, easy to park and essentially unobtrusive, and the

Qashqai is all those things. With its compact dimensions and decent sightlines, the 360-degree top-down reverse camera makes parking ridiculously painless.

More nimble and easy to maneuver than its bigger Rogue

sibling, the Qashqai verges on sporty. Although, the CVT, like many other such transmissions, drones under full acceleration and could be more responsive. The brakes could also benefit from being a bit sharper.

The Qashqai packs nearly double the cargo capacity of its funky frog-faced sibling, the Juke, with 648 litres of cargo space, which opens up to 1,730 L with the second row folded flat.

Standard are heated seats, available forward emergency braking with pedestrian detection, lane departure warning and prevention, blind spot monitoring, rear cross traffic alert, adaptive cruise control, remote engine start, hill start assist, and more.

But the Qashqai has missed out on a few key areas. For one, it only has one USB port and it's not a fast charging one. The car also isn't compatible with Apple CarPlay or Android Auto. And although it is smaller, the Qashqai has the same fuel economy as the Rogue despite having a smaller and less powerful engine.

Although it doesn't rise above its competition, it is non-offensive in nature because it does mostly everything right.

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metroWHEELS

INNOVATION

Why Mercedes has better self-driving tech than Tesla



Dan Ilika
AutoGuide.com

Mercedes-Benz has long been a leader when it comes to self-driving systems, a position it plans to retain with the introduction of the updated S-Class.

The revised version of the big-bodied sedan will "be taking another major step towards the future of autonomous driving," Mercedes says. As the automaker proved when it launched the new E-Class last year, it can build extremely intelligent vehicles that can practically drive themselves, and probably could if it weren't for the legislation. The culmination of nearly 20 years of internal advances in semi-autonomous technology, the E-Class brought with it a whole suite of self-driving features.

With the new S-Class, Mercedes isn't just transplanting those systems from one car to the next. Instead, the automaker says almost every aspect, from the cameras and radar sensors to the smoothness of the steering during autonomous lane chan-



Mercedes' Active Emergency Stop Assist keeps the German automaker on top of the autonomous driving game. HANDOUT

ges, has been improved. The S-Class' adaptive cruise control system, for example, builds on the version that was introduced with the smaller E-Class, and will see its speed "predictively reduced" based on what's ahead, before returning to the preset speed. That the development is a marathon and not a sprint seems an appropriate adage. And that is why Mercedes' autonomous drive technology is a superior one to that of rival Tesla.

While the California-based startup has an impressive roster of self-driving features, it's been

known to push them out quickly even as beta-level technology. Take, for example, Tesla's autonomous braking system. Formerly standard fare, automatic emergency braking disappeared last year from the Model S sedan and Model X crossover. Tesla saying only that it's been working out bugs in the system. But after Consumer Reports downgraded the Model S due to the feature's absence, Tesla was quick to rush AEB back out to owners through an over-the-air update.

Mercedes, however, is playing the long game — for the win.

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TOP 150 FOR 150

CELEBRATING CANADA'S GIFTS TO THE WORLD

Yes, we have a desert

Sean Plummer

Some call it Canada's pocket desert. Located in the south Okanagan valley, the Okanagan (or Osoyoos) desert is the northern-most extension of the Sonoran Desert zone, which originates in Mexico.

The semi-arid desert, which has been home to First Nations tribes for 8,000 years, is a rich ecosystem with more than 100 rare plants and exotic wildlife.

Desert creatures like the

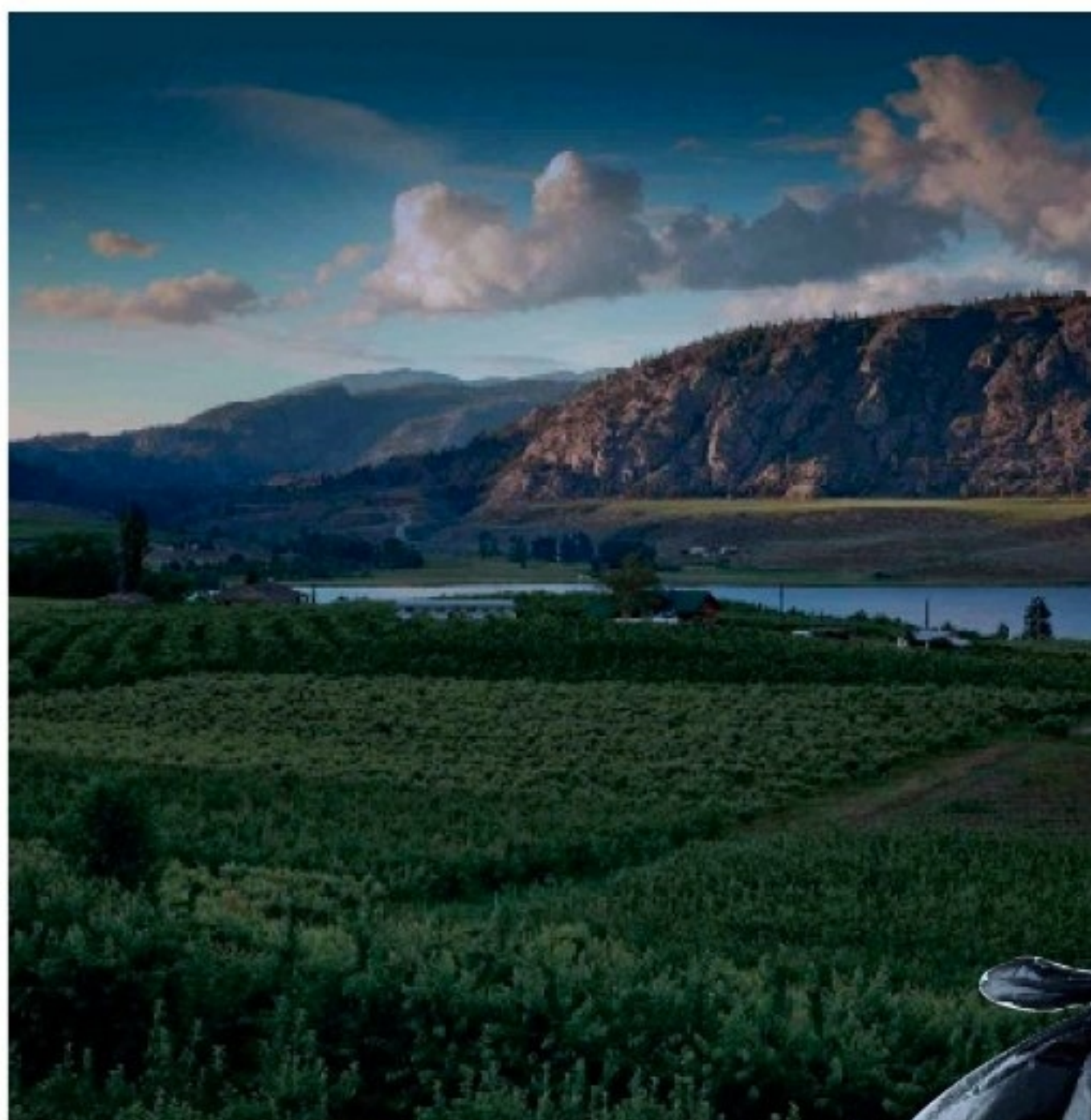
painted turtle, scorpion and rattlesnake scurry around by day, while nocturnal amphibians like the Great Basin Spadefoot toad and the tiger salamander seek mates in the spring before the ponds dry up (the area is dotted in the warmer months with kliluk, or spotted lakes).

This antelope-brush ecosystem is one of the four most endangered ecosystems in Canada, and it has become a popular spot for eco-tourists eager to enjoy the beauty of its dry shrub-grasslands.

The Osoyoos Desert Centre offers guided and self-guided tours along a 1.5-km boardwalk.

100

The Osoyoos desert is home to more than 100 rare plants and exotic wildlife.



The dry air in and around Osoyoos, located in the interior of B.C. is ideal for fruits, vegetables and for fabulous wine. TORSTAR NEWS SERVICE

It's our bag baby

Today it's a staple of households worldwide, but the commercially produced plastic garbage bag didn't come along until the late 1960s.

You can thank Canadian inventors Henry Wasylyk and Larry Hansen for conceiving it in 1950 and Union Carbide for producing it under the Glad label.

A version that degraded in sunlight was patented in 1971 by U of T chemist James Guillet — the millionth patent granted in Canada. **SEAN PLUMMER**



ISTOCK



Hawaiian pizza was invented by a Chatham restaurateur. ISTOCK

Aloha, pizza

What do Hawaii and Chatham, Ontario, have in common? Pizza, sort of.

The sweet and sour pie — topped with ham and pineapple on a bed of tomato sauce and cheese — was apparently invented in Chatham by res-

taurateur Sam Panopoulos at his Satellite Restaurant back in 1962.

His "Hawaiian" pizza is now popular around the world, though apparently it's no big deal in Hawaii. **SEAN PLUMMER**

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SINCE 1912



Anthem singer Dennis K. Morgan says he's hurt after losing his spot to country stars, including Carrie Underwood, at Predators playoff games



IN BRIEF

Swanson blast boosts Braves over Blue Jays

Dansby Swanson's seventh-inning home run helped the Atlanta Braves defeat the Toronto Blue Jays 9-5 on Tuesday in interleague play.

Swanson took a pitch from Danny Barnes over the wall in centre field for his third homer of the season giving the Braves a 6-5 lead. Atlanta (15-21) has now won four of its last five. THE CANADIAN PRESS

Sharapova retires from match with thigh injury

Maria Sharapova retired from her Italian Open match due to a left thigh injury hours after learning she would not be granted a wild card into the French Open.

Sharapova was leading Mirjana Lucic-Baroni 4-6, 6-3, 2-1 when she called it quits on Tuesday.

THE ASSOCIATED PRESS

Arsenal remains in hunt for Champions League berth

Alexis Sanchez kept Arsenal's hopes of qualifying for the Champions League alive heading to the final day of the Premier League after scoring twice to beat Sunderland 2-0 on Tuesday. THE ASSOCIATED PRESS

Teams jockey for net gains

NHL

Flurry of goalie movement expected this off-season

When the Carolina Hurricanes traded a third-round pick to Chicago for the rights to Scott Darling, the NHL's goaltender carousel started spinning.

After Carolina signed Darling to a \$16.6-million, four-year deal, the Dallas Stars sent a fourth-round pick to Los Angeles for the rights to Ben Bishop and signed the six-foot-seven former Lightning starter for \$29.5 million over six years. Carolina and Dallas were willing to give up picks to get the jump on what Hurricanes general manager Ron Francis called an interesting off-season to shop for a goalie.

"There's two different paths you can look at: one is certainly who's going to be available on July 1 and what it may take to get them in terms of years and in terms of salary, and then the other option is you're looking at who might be available in terms of teams not wanting to lose a goaltender in expansion and willing to make a trade and what it costs you to get that player," Francis said. "When we looked at everything and studied things,



Goaltender Scott Darling was traded last month to the Hurricanes with whom he recently signed a four-year deal. JONATHAN DANIEL/GETTY IMAGES

we thought this was the best viable option for us."

It looks brilliant now ahead of a goalie shuffle expected to happen over the next several weeks leading up to the Vegas Golden

Knights' expansion draft June 21, the actual draft a few days later and the start of free agency July 1. The Golden Knights, Calgary Flames, Philadelphia Flyers and perhaps even the Winnipeg Jets

and Colorado Avalanche are in the market, with Pittsburgh veteran Marc-Andre Fleury, Washington backup Philipp Grubauer and a handful of others in the mix to fill vacancies.

Fleury led the Penguins to the Eastern Conference final but could still be traded with Matt Murray entrenched as the goalie of the future, and his value has never been higher. Fleury wields

There's a lot of other guys on the market too that could possibly go out there, so it's not just me.

Philipp Grubauer

+ SPECULATION

Winnipeg has youngsters Connor Hellebuyck and Michael Hutchinson but could shake things up in net to speed up the process of returning to playoff contention.

power with his no-movement clause that could let him choose his destination.

Grubauer said he has no choice where he goes, but as a restricted free agent he does have some control and could be headed to Vegas. The Golden Knights will get 48 hours to negotiate with any unrestricted or restricted free agents left unprotected for the expansion draft, and the 25-year-old German had a 2.05 goals-against average and .926 save percentage in 24 games this season and is widely considered ready to be a starter.

"He's an outstanding goalie," Capitals starter Braden Holtby said. "What I think I've seen from him the last year especially, his talent is NHL talent, but a lot of guys have that. His mental game, his mental prep — every game he was in he was never out of it mentally. He was always sharp and that shows."

THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Guiltless Zucchini Carbonara



PHOTO: MAYA VISNYE

Ceri Marsh & Laura Keogh
For Metro Canada



This low-carb "pasta" feels light while still delivering the decadence of a traditional, creamy carbonara.

Ready 20 minutes
Prep Time: 10 minutes
Cook Time: 10 minutes
Serves 4

Ingredients

- 4 small zucchini
- 1 Tbsp extra virgin olive oil
- 4 slices of pancetta or smoked bacon, diced
- 1 clove of garlic, crushed
- 2 egg yolks
- 1/2 cup Parmesan cheese, grated
- Salt and pepper to taste

Directions

1. Using a spiralizer or a vegetable peeler, create ribbons with your zucchini (stop before you get to the core or you'll have a watery mess).

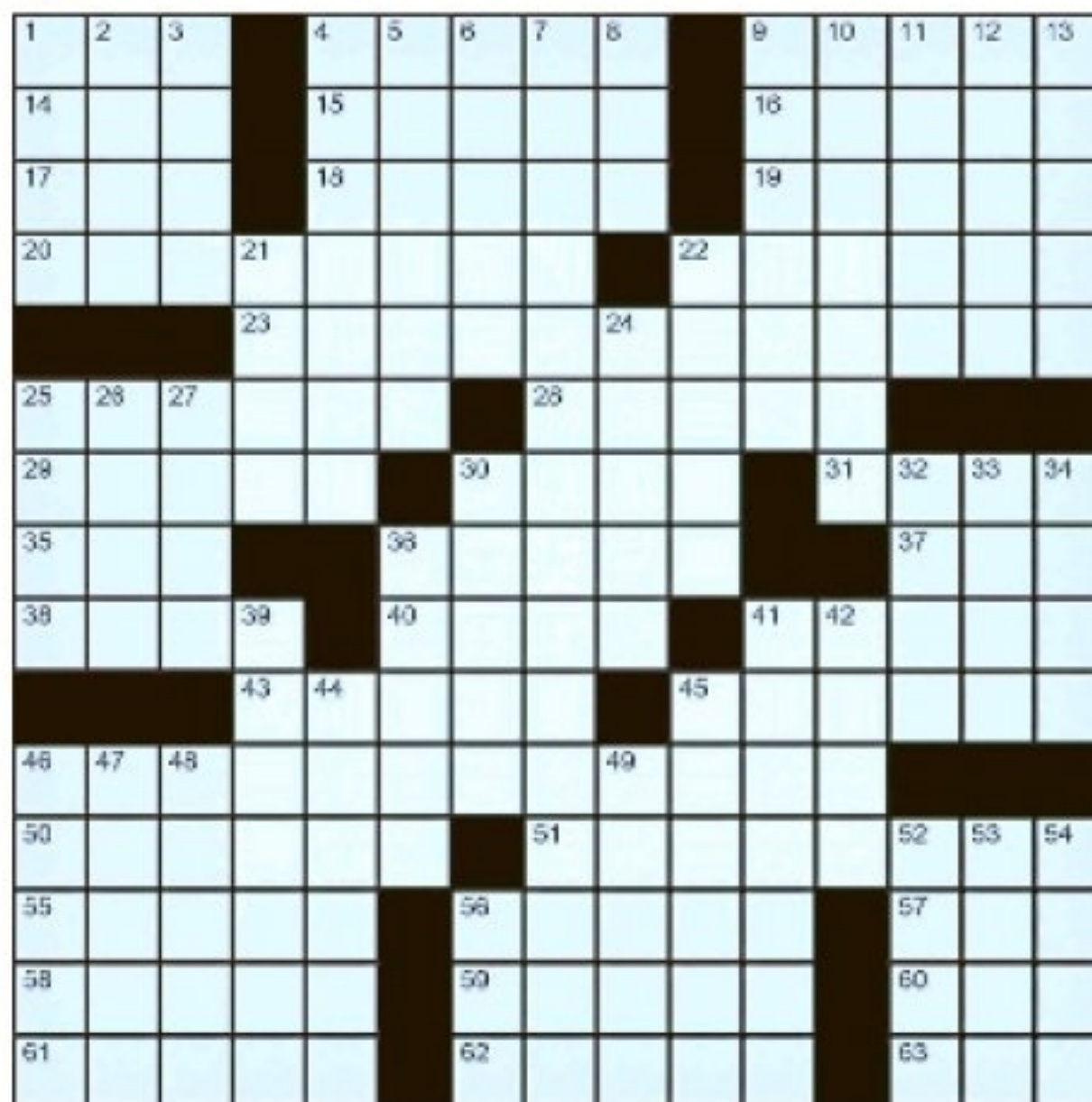
2. Over high heat, add the olive oil to a frying pan and add the bacon. Fry until the bacon is crisp. Add the garlic and fry for another minute or so, then remove the bacon and garlic from the pan.

3. In the same pan, sauté the zucchini ribbons for 2 minutes. Remove the pan from the heat and rapidly stir in the bacon, garlic, egg yolks and Parmesan cheese. Stir well so you don't end up with scrambled eggs! Season to taste.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

- Dancer's step
- Killer whales
- Scatter
- MLB strike caller!
- Learn about current events, ___ newspaper
- Topic
- "Oh, give ___ home where the buffalo roam..."
- 'Add' suffix (Food extra)
- Strays
- Ms. Maillet (Writer born in Bouctouche, New Brunswick known as 'The Soul of Contemporary Acadian Literature')
- Tap
- Canadian activist group The Famous Five fought for them: 2 wds.
- Each
- Dentist's drill-ee
- Alphabetic quintet
- Goldie's longtime Hollywood love
- Shipshape
- Vowels, e.g.
- Colin of "A Single Man" (2009)
- Actress Charlotte
- Mens ___ in corporate sano (Healthy mind/body)
- '70s Spanish hit: "___ Tu"
- Relax
- Home projects, commonly
- Vin of Hollywood
- Ontario: Nickname

of Lake Simcoe canal community Lagoon City, 'Canada's ___'
50. Angler's frozen lake hole-maker: 2 wds.
51. Frayed/knotted
55. 1963: Canadian author Farley of Never Cry Wolf
56. Politely man-

nered
57. Tree-top-pling tool
58. Bless with oil, quaintly
59. Prepared
60. Truck type
61. Mailing requests, for short
62. The British ___

63. Ms. Schumer

DOWN

- Sportswear brand
- Prayer's closing word
- Tiff
- Enya's "___ Flow (Sail Away)"
- Get a better reading

on the stopwatch
6. "The ___ Mutiny" (1954)
7. "The Littlest Hobo", for one: 2 wds.
8. My Native Land ___ Far Away (Robert Burns poem)
9. ___ of Belle Isle
10. Believed

- Achieve/extend
- Ant, archaically
- Easts opposites
- British actor Clive
- Foam
- Varieties
- Alias acronyms
- Beg
- "___" (The combo to the safe has been cracked!)
- Russian ballet company
- Van Gogh flower
- Valley
- Billy Idol's "Rebel ___"
- Santa ___ Mexico
- Priced sculptures and paintings event: 2 wds.
- Emmy-winning actress Ms. Tyson's
- Shoe section
- Uplifts
- Use this symbol / on a calculator
- Some beans
- "I Love It": Hit for Swedish pop duo ___ Pop
- Lauren of "The Love Boat"
- Warship-related
- Etna extraction
- Test
- Disavow
- Heartfelt protest, ___ de coeur

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a wonderful day to schmooze with others, especially female friends and members of clubs, groups and organizations. Discuss your hopes and dreams for the future with someone to get his or her feedback.

Taurus April 21 - May 21
You will make a great impression on authority figures today, especially those who are female authority figures. A discussion about future travel plans might come up.

Gemini May 22 - June 21
Examine opportunities in publishing, the media, medicine, the law and chances for future travel. This also is a great day to sign up for a course or to explore further training.

Cancer June 22 - July 23
You can benefit from the wealth and resources of others today, so keep your pockets open! This is a good day to ask for a loan or favor from someone.

Leo July 24 - Aug. 23
Relationships with partners and close friends are mellow and friendly today. People feel upbeat and ready to cooperate. Enjoy your day!

Virgo Aug. 24 - Sept. 23
Interactions with co-workers are excellent today. Work-related travel is likely. Many of you also will talk to someone from another culture or a different country.

Libra Sept. 24 - Oct. 23
This is a wonderful day to party. It's also a great day for sports, the arts and playful activities with children. Romance will be reassuring and mellow.

Scorpio Oct. 24 - Nov. 22
It's the middle of the week, which is a good day to celebrate. Invite friends or family over for good food and drink. People will have a good time.

Sagittarius Nov. 23 - Dec. 21
Because you're in such a positive frame of mind today, anything you do will be a successful experience. This includes business or casual get-togethers.

Capricorn Dec. 22 - Jan. 20
Trade and commerce are favored today. Look for ways to boost your income, because it's entirely possible. If out shopping today, you will be tempted to buy big-ticket items.

Aquarius Jan. 21 - Feb. 19
You feel happy today. The Moon is in your sign dancing with lucky, moneybags Jupiter. Whatever you do today likely will flow easily and be enjoyable.

Pisces Feb. 20 - March 20
You're happy to be inside your own skin today. This is a pleasant, harmonious day. In particular, you will enjoy solitude in beautiful surroundings.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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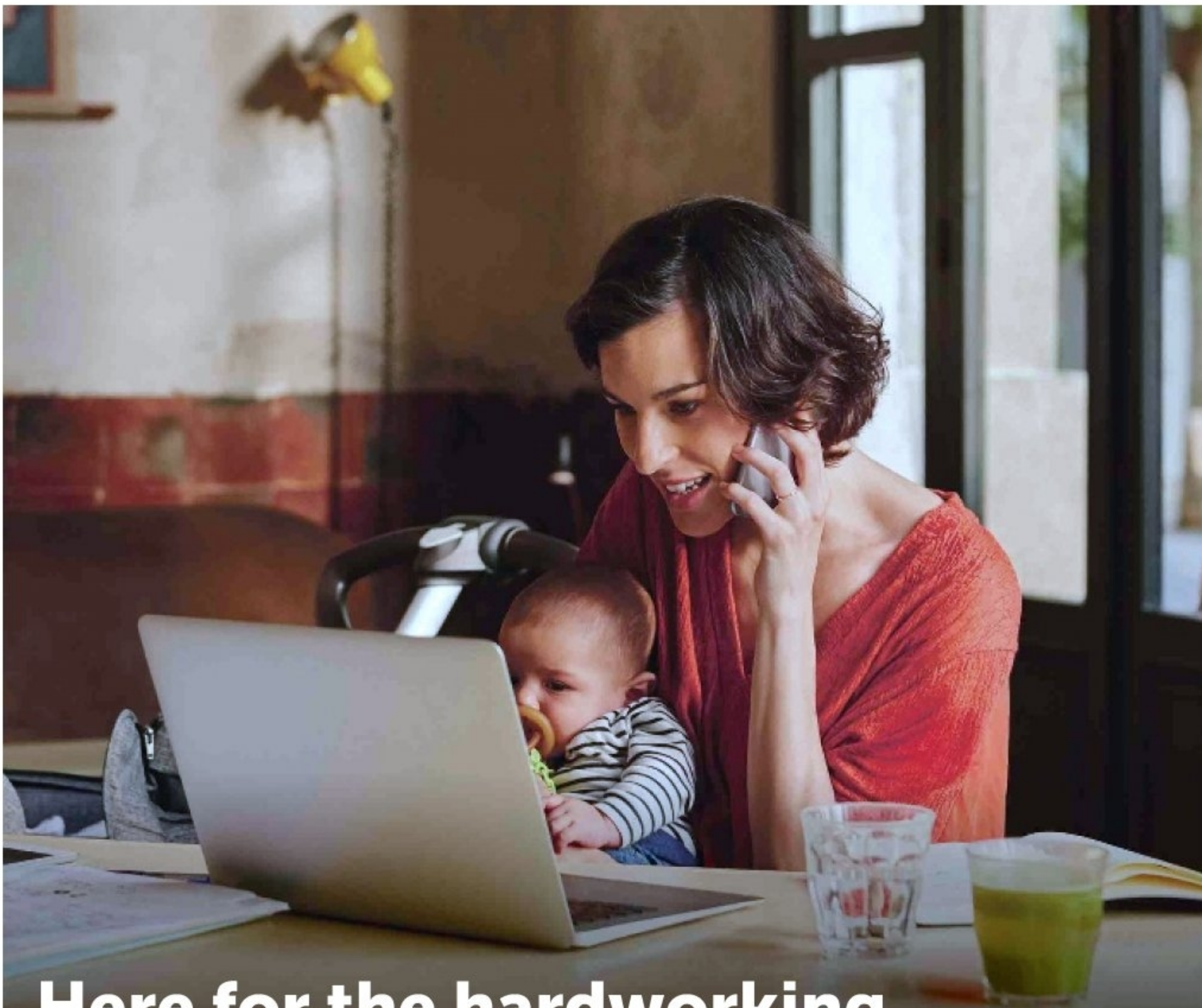
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